

# CREATING FUN & HEALTHY RECIPES WITH FOODS FROM YOUR LOCAL FARMERS MARKET

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# Green Bean Salad With Basil and Pine Nuts

## **Serves 4**

An Italian-style green bean salad with a simple basil and olive oil dressing and freshly toasted pine nuts.

## **Ingredients:**

10oz (300g) green beans – halved on the diagonal  
3 tbsp pine nuts  
3 tbsp extra virgin olive oil  
1 tbsp lemon juice  
1½ tbsp finely chopped fresh basil  
½ clove garlic – minced  
½ tsp salt  
¼ tsp freshly ground black pepper



## **Method:**

Toast the pine nuts in a skillet over medium heat until lightly browned (about 2 minutes).

Cook the green beans in rapidly boiling water for 6 minutes, then refresh under cold water and drain.

Add all the remaining ingredients to a screw top jar and shake to combine.

Add the green beans to a large bowl, pour over the dressing mixture and stir to combine thoroughly.

Leave to stand for 10 minutes then stir through the pine nuts and serve.

## **Nutrition:**

Per serving: 160 calories (130 from fat), 15g total fat, 1.5g saturated fat, 0mg cholesterol, 300mg sodium, 6g total carbohydrate (2g dietary fiber, 3g sugar), 2g protein

**Recipe Source:** [www.mediterrasian.com](http://www.mediterrasian.com)

# Fish and Zucchini Tacos

**Serves: 4**

This quick and easy recipe uses roasted fish for a healthier take on the usual fried fish taco. Serve with salsa on the side for a fun light meal the whole family will enjoy.

**Ingredients:**

2 medium zucchini  
1 tbsp vegetable oil  
¼ tsp chipotle chile powder  
Salt  
Pepper  
2 limes  
1 pound skinless red snapper or other firm white fish fillets  
½ cup packed fresh cilantro leaves, chopped, plus sprigs for garnish  
8 corn tortillas  
1 ripe avocado, cut in half, pitted, peeled, and cut into ¼-inch slices  
½ cup chunky salsa

**Method:**

Preheat oven to 400 degrees F.

Trim zucchini, then cut each crosswise into 2-inch pieces. Cut each piece lengthwise through centers into eight wedges.

On 18" by 12" jelly-roll pan, combine zucchini, oil, chile powder, and ¼ teaspoon salt until well mixed. Roast 10 minutes.

From 1 lime, squeeze 1 tablespoon juice. Cut remaining lime into wedges; set aside.

Push zucchini to one side of pan. Arrange fish in single layer on other side. Sprinkle fish with lime juice, then 2 tablespoons cilantro and ¼ teaspoon salt. Roast 8 to 10 minutes or until fish is just opaque throughout.

Meanwhile, wrap tortillas in damp paper towels and place in glass or ceramic pie plate. Microwave on High 1 minute or until warm and pliable.

Break fish into large chunks. Divide fish and zucchini among tortillas. Top with avocado slices and remaining cilantro. Garnish with cilantro sprigs and serve with lime wedges and salsa.

**Nutrition:**

Per serving: 365 calories, 14g total fat, 2g saturated fat, 42mg cholesterol, 570sodium, 35g total carbohydrate (8g dietary fiber), 29g protein

**Recipe Source:** Good Housekeeping

# Grilled Pizza with Zucchini

## **Serves: 4**

Grilling adds a new texture and flavor to pizza. This vegetarian pie, topped with grilled zucchini, fresh ricotta, nutty Gruyère, and savory Parmesan, is a satisfying mix of colors and flavors.

## **Ingredients:**

2 large zucchini, cut into 1/3-inch-thick slices  
1 clove garlic, crushed with press  
1 tbsp extra-virgin olive oil  
1/8 tsp dried oregano  
1/8 tsp crushed red pepper  
Salt  
1 pound fresh pizza dough  
1/2 cup ricotta cheese  
1/2 cup shredded Gruyère cheese  
1/4 cup grated Parmesan cheese  
1/4 cup packed fresh basil leaves, thinly sliced, plus leaves for garnish



## **Method:**

Prepare outdoor grill for direct grilling on medium-high.

In large bowl, toss zucchini, garlic, oil, oregano, red pepper, and 1/8 teaspoon salt. Grill zucchini 4 minutes or until just tender, turning over once. Transfer zucchini to plate to cool.

Adjust grill heat to medium-low.

Divide dough into 4 balls; cover loosely with plastic wrap. Remove one ball at a time from plastic wrap; transfer to large cookie sheet and gently pat and stretch dough to form 1/4-inch-thick free-form shape, as desired. Repeat.

Carefully lift shaped dough and lay flat on grill. Cook 2 to 3 minutes or until puffed and dough releases easily from grill. Carefully turn crusts over.

Divide ricotta and Gruyère among crusts, spreading evenly. Top with zucchini, then Parmesan and basil. Cook 3 to 5 minutes or until cheese melts and dough is cooked through. Garnish with basil leaves.

## **Nutrition:**

Per serving: 460 calories, 16g total fat, 7g saturated fat, 35mg cholesterol, 810mg sodium, 58g total carbohydrate (2g dietary fiber), 22g protein

**Recipe Source:** Good Housekeeping



# Ratatouille on the Grill

## **Serves: 8**

Provençal ratatouille is a mélange of best-of-summer vegetables slowly simmered in olive oil. Our version is quicker and packs less of a caloric punch, since the veggies are lightly brushed with a vinaigrette mixture, not braised in oil. Chop leftover ratatouille and toss with your favorite short pasta, or layer into a roll, top with some fresh mozzarella, and toast in a panini press or skillet.

## **Ingredients:**

3 tbsp red wine vinegar  
1 clove garlic, crushed with press  
¾ tsp salt  
¼ tsp coarsely ground black pepper  
¼ cup olive oil  
2 pounds plum tomatoes, each cut lengthwise in half  
2 medium red peppers, each cut lengthwise into quarters  
2 medium (8oz each) zucchini, cut crosswise into ½-inch-thick slices  
1 large (1½ -pound) eggplant, cut crosswise into ½-inch-thick slices  
1 large onion, cut into ½-inch-thick slices  
½ cup (loosely packed) fresh basil leaves, chopped  
2 ounces ricotta salata or Parmesan cheese



## **Method:**

Prepare outdoor grill for covered, direct grilling on medium.

Prepare vinaigrette: In small bowl, whisk together vinegar, garlic, salt, and pepper. In slow, steady stream, whisk in oil until blended.

On 2 jelly-roll pans, lightly brush tomatoes, peppers, zucchini, eggplant, and onion slices with some vinaigrette. With tongs, transfer vegetables to hot grill grate. Cover grill and cook tomatoes about 6 minutes; peppers, zucchini, and eggplant about 8 minutes; and onion about 12 minutes or until all vegetables are tender and lightly charred on both sides. Return vegetables to jelly-roll pans.

To serve, on platter, arrange grilled vegetables; drizzle with remaining vinaigrette and sprinkle with basil. With vegetable peeler, shave ricotta salata into large pieces over vegetables.

## **Nutrition:**

Per serving: 155 calories, 10g total fat, 3g saturated fat, 8mg cholesterol, 320mg sodium, 16g total carbohydrate (5g dietary fiber, 3g sugar), 4g protein

**Recipe Source:** Good Housekeeping

# Moist Zucchini Cinnamon-Swirl Cake

**Serves: 16**

## **Ingredients:**

1 medium (about 12 ounces) zucchini  
½ cup pitted dates  
⅓ cup walnuts, chopped  
1 tbsp ground cinnamon  
brown sugar  
3 cups all-purpose flour  
2 tsp baking soda  
1 tsp baking powder  
1 tsp salt  
1 medium Granny Smith apple  
1 (8-ounce) plain nonfat yogurt  
1 container (8-ounce) refrigerated or frozen no-cholesterol egg substitute, thawed  
¼ cup salad oil  
1 tbsp vanilla extract



## **Method:**

Shred zucchini. Place zucchini in colander; let stand 15 minutes. After 15 minutes, squeeze dry.

Meanwhile, spray 10-inch Bundt pan with nonstick cooking spray. In 1-quart saucepan over medium heat, cook dates and ½ cup water, uncovered, until dates are very soft and all water evaporates. Mash dates with a spoon until smooth.

In small bowl, combine walnuts, cinnamon, and ¼ cup packed brown sugar; set aside.

In large bowl, mix flour, baking soda, baking powder, and salt. Shred unpeeled apple. Preheat oven to 350 degrees F. In medium bowl, with wire whisk or fork, beat yogurt, egg substitute, salad oil, vanilla extract, and 1 ¼ cups packed brown sugar until smooth. Stir in shredded zucchini, apple, and dates until blended. Stir zucchini mixture into flour mixture just until flour is moistened.

Pour half of batter into Bundt pan; sprinkle evenly with walnut mixture. Top with remaining batter. Bake 50 to 60 minutes until toothpick inserted in center of cake comes out clean. Cool cake in pan on wire rack 10 minutes. Remove cake from pan; cool cake completely on wire rack.

## **Nutrition:**

Per serving: 245 calories, 5g total fat, 0mg cholesterol, 295mg sodium

**Recipe Source:** Good Housekeeping

# **Blueberry Coffee Cake**

## **Serves: 12**

This coffee cake relies on a healthy portion of blueberries for sweetness, almonds for richness and yogurt for moistness.

## **Ingredients:**

Nonstick cooking spray  
2 tbsp plus 1 cup whole wheat pastry flour, divided  
¼ cup light brown sugar  
2 tbsp butter, cut into small pieces  
½ tsp ground cinnamon  
¼ tsp ground cardamom  
½ cup all-purpose flour  
¼ cup sugar  
2 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 cup nonfat plain yogurt or blueberry yogurt  
1 tsp vanilla extract  
2 eggs  
2 cups fresh or frozen, thawed and drained blueberries, divided  
⅓ cup sliced almonds



## **Method:**

Preheat oven to 350°F. Grease a 9-inch round cake pan with cooking spray; set aside. Put 2 tablespoons of the whole wheat pastry flour, sugar, butter, cinnamon and cardamom in a medium bowl and mix together with a fork or your fingers until well combined and mixture is in large clumps; set streusel aside.

Put remaining 1 cup whole wheat pastry flour, all-purpose flour, sugar, baking powder, baking soda and salt in a large bowl and stir to combine; set aside. In a medium bowl, whisk together yogurt, vanilla and eggs then pour into bowl with dry ingredients and stir until combined. Gently fold in 1 cup of the blueberries.

Spoon batter into prepared pan and sprinkle reserved streusel over the top. Scatter remaining 1 cup blueberries over the streusel then top with almonds and bake until a toothpick inserted in the center cake comes out clean, 30 to 40 minutes. Once cooled, loosen edges of cake and transfer to a plate. Cut into slices and serve.

## **Nutrition:**

Per serving: 150 calories (40 from fat), 4g total fat, 1.5g saturated fat, 40mg cholesterol, 210mg sodium, 23g total carbohydrate (3g dietary fiber, 9g sugar), 5g protein

**Recipe Source:** [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

# Blueberry-Oat Bars

## **Serves: 16**

If you prefer a sweeter bar, add more agave nectar, sugar, or stevia to the blueberries as they are cooking. Or add a sugar glaze on top by mixing a little vegan powdered sugar with water until it's the right consistency for drizzling

## **Ingredients:**

1 pint blueberries  
¼ cup agave nectar  
¼ cup apple juice  
½ tsp vanilla  
2 tbsp cornstarch mixed with enough water or juice  
to form a smooth paste  
3 cups oatmeal\* (regular, not instant)  
½ tsp cinnamon  
1½ tsp baking powder  
¼ tsp salt  
6 ounces unsweetened applesauce  
6 tbsp (3/8 cup) agave nectar  
6 tbsp (3/8 cup) water  
1 tsp vanilla  
\*Use gluten-free oats to make these gluten-free.



## **Method:**

Preheat oven to 375F. Oil an 8x8-inch baking dish.

In a small saucepan, combine the blueberries, agave nectar, and juice. Bring to a boil over medium-high heat. When it boils, stir in the vanilla and the cornstarch mixture. Continue to stir as the mixture boils and thickens. Remove from heat and set aside.

Put 1 1/2 cups of the oatmeal into a blender and grind it to a fine powder. Pour it into a medium-sized mixing bowl and add the remaining oatmeal, cinnamon, baking powder, and salt. Mix well. Stir in the apple sauce, agave nectar, water, and vanilla, and mix well.

Spread half of the batter into the prepared pan, smoothing well to cover the bottom of the pan. Spoon the blueberry filling over the batter, and cover the blueberries with the remaining batter.

Bake for 30 minutes, or until the top is lightly browned. Allow to cool before cutting into bars.

## **Nutrition:**

Per serving: 117 calories; 1g total fat; (7% calories from fat); 26g carbohydrate; 0mg cholesterol; 81mg sodium; 2g fiber; 3g protein; Weight Watchers 2 Flex Points.



# Chicken and Blueberry Pasta

**Serves:** 6 (1½ cups each)

**Total Time:** 30 minutes

## **Ingredients:**

1 pound boneless, skinless chicken breast, trimmed of fat  
8 ounces whole-wheat fusilli or radiatore  
3 tbsp extra-virgin olive oil  
1 large shallot, thinly sliced  
½ cup reduced-sodium chicken broth  
½ cup crumbled feta cheese  
3 tbsp lime juice  
1 cup fresh blueberries  
1 tbsp chopped fresh thyme  
1 tsp freshly grated lime zest  
¼ tsp salt



## **Method:**

Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.

Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.

**Tip:** Add everything except the blueberries and dressing to the pasta salad. Cover and refrigerate pasta salad, blueberries and dressing separately for up to 1 day. Toss together just before serving.

## **Nutrition:**

Per serving: 315 calories; 11 g fat ( 3 g sat , 6 g mono ); 49 mg cholesterol; 33 g carbohydrates; 0 g added sugars; 23 g protein; 5 g fiber; 238 mg sodium; 207 mg potassium, selenium (60% daily value), fiber (20% daily value).

Carbohydrate servings: 2. Exchanges: 2 starch, 2 very lean meat, 2 fat

# Light Fresh Peach Cobbler

**Serves:** 8

**Total Time:** 44 mins

**Ingredients:**

6 medium peaches, sliced  
6  $\frac{1}{3}$  tbsp sugar  
1 tbsp cornstarch  
1 tsp fresh lemon juice  
 $\frac{1}{2}$  tsp ground cinnamon  
1 cup all-purpose flour  
1 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp table salt  
3 tbsp reduced-calorie margarine  
 $\frac{1}{2}$  cup nonfat milk



**Method:**

Preheat oven to 375°F.

In a large saucepan, combine peaches,  $\frac{1}{3}$  cup of the sugar (5  $\frac{1}{3}$  tablespoons), cornstarch, lemon juice, and cinnamon; toss to coat peaches.

Set pan over medium heat and bring to a boil. Cook until mixture thickens, about 1 minute. Remove from heat and transfer mixture to an 8-inch square baking pan.

To make the topping, in a large bowl, combine flour, remaining tablespoon of sugar, baking powder and salt. Work in margarine with a fork until mixture resembles coarse crumbs. Add milk and stir until flour mixture is evenly moistened.

Drop 8 tablespoons of topping mixture onto peach mixture.

Bake until topping is golden brown and filling is bubbly, about 20 to 25 minutes.

Cut into 8 pieces and serve.

**Nutrition:**

Per serving: 173 calories, 27 calories from fat (16%), 3g total fat, 1g of saturated fat, 4.0mg cholesterol (1% of % daily value), 252.2mg sodium (10% of % daily value), 35g of total carbohydrate (11% of % daily value), 2.2g dietary fiber (8% of % daily value), 20g sugar (80% of % daily values), and 3.2g protein (6% of % daily value).